

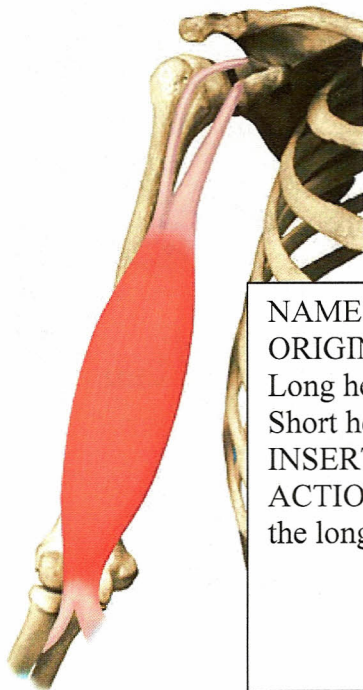
Ligament

Ligament

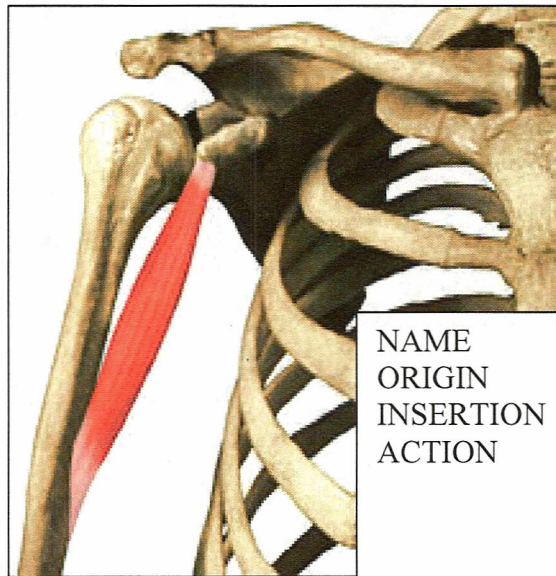
Ligament

Ligament

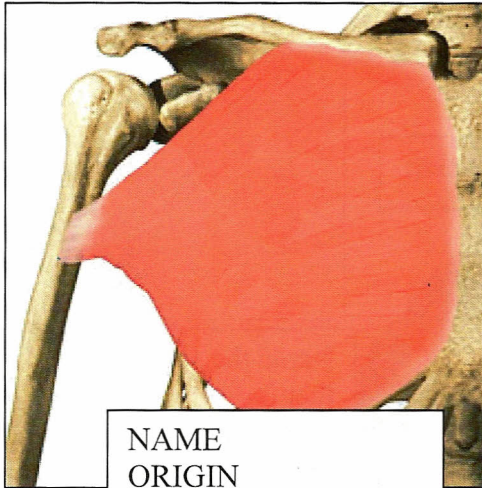
Name the Joint that is supported by these ligaments



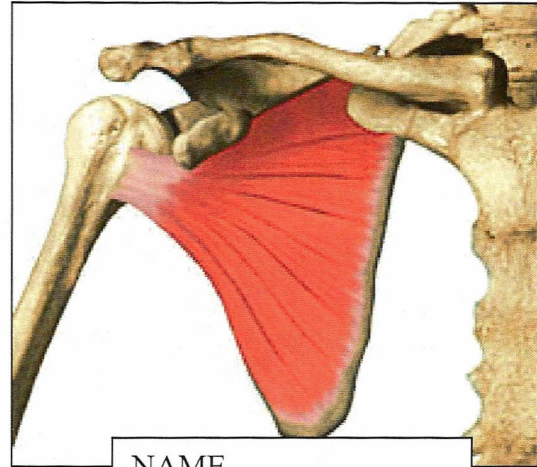
NAME
ORIGIN
Long head
Short head
INSERTION
ACTION of
the long head



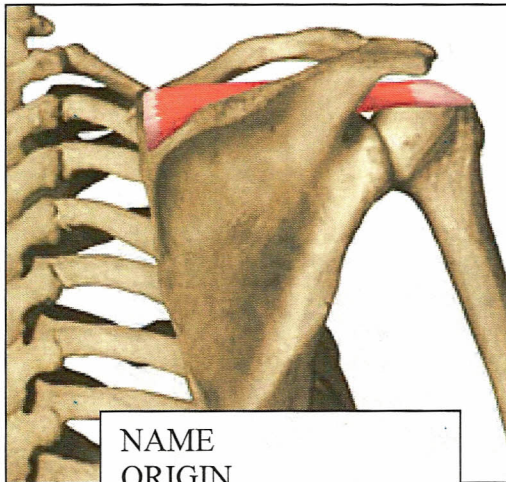
NAME
ORIGIN
INSERTION
ACTION



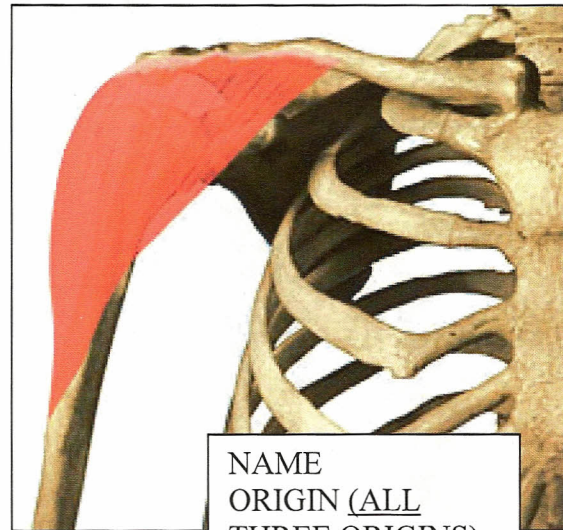
NAME
ORIGIN
INSERTION
PRIMARY ACTION



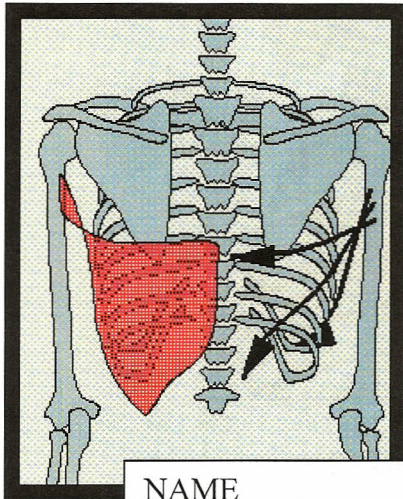
NAME
ORIGIN
INSERTION
PRIMARY ACTION



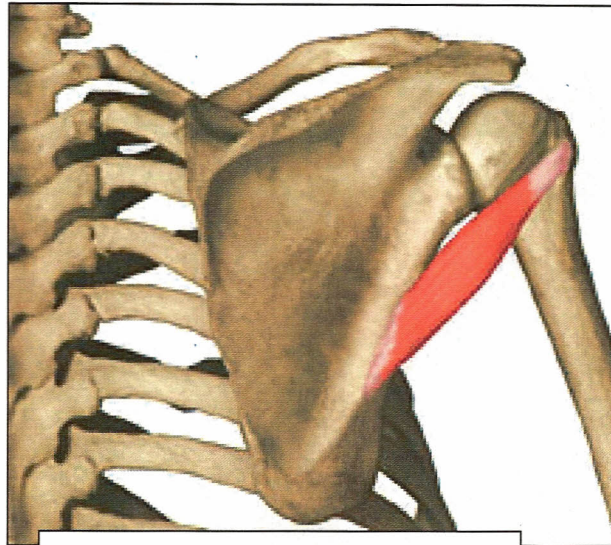
NAME
ORIGIN
INSERTION
PRIMARY ACTION



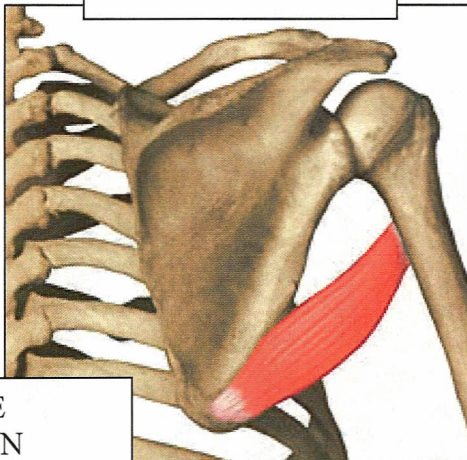
NAME
ORIGIN (ALL
THREE ORIGINS)
INSERTION
PRIMARY
ACTION (LIST
THREE PARTS
AND THEIR
ACTION)



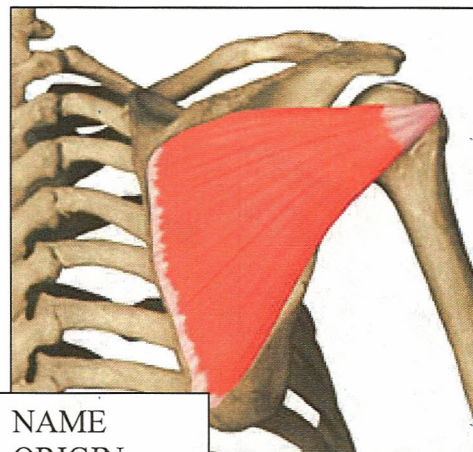
NAME
 ORIGIN (which part
 of the spine)
 INSERTION (be
 specific)
 PRIMARY
 ACTION



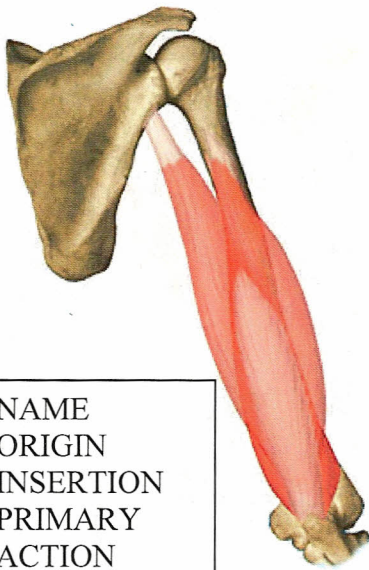
NAME
 ORIGIN
 INSERTION (be specific)
 PRIMARY ACTION



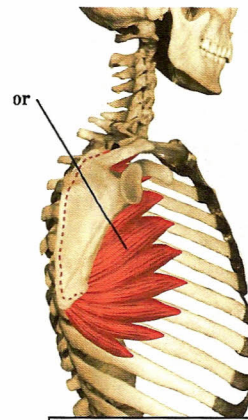
NAME
 ORIGIN
 INSERTION
 (be specific)
 PRIMARY
 ACTION



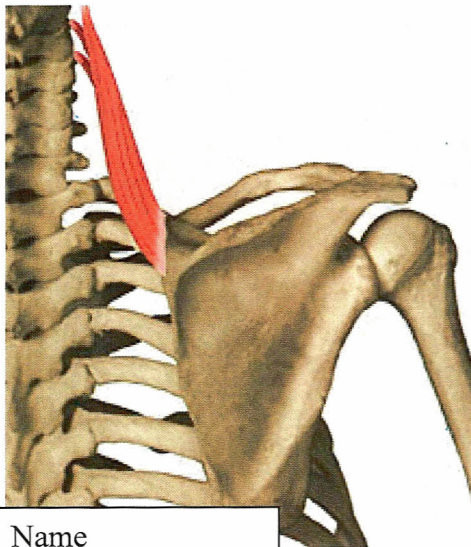
NAME
 ORIGIN
 INSERTION
 (be specific)
 PRIMARY
 ACTION



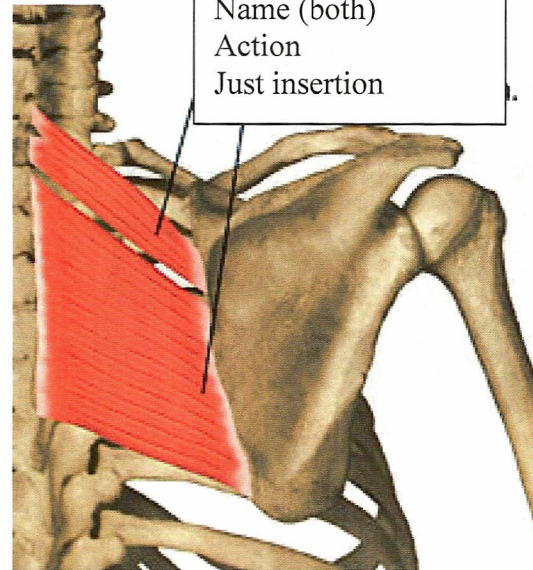
NAME
ORIGIN
INSERTION
PRIMARY
ACTION



NAME
ORIGIN
INSERTION
PRIMARY
ACTION



Name
Insertion
Action



Name (both)
Action
Just insertion

- 1) List the four rotator cuff muscles
- 2) Which one is most commonly injured?
- 3) Which 2 muscles assist with extension of the shoulder?
- 4) Which 2 muscles assist with external rotation?
- 5) Which 4 muscles can help internally rotate
- 6) Which muscles is the “little helper of the lats?
- 7) Which ligament at the AC joint does **not** connect 2 different bones?
- 8) What does the trapezius muscle do?
- 9) The trapezius originates along the entire cervical and thoracic spine as well as what bone in the head?
- 10) What 3 muscles assist in flexion of the shoulder? (2 of them it is only a part of the muscle)
- 11) What is the cartilage inside the glenoid fossa called? What does it do?
- 12) Where is the subacromial bursa located? What does it do?
- 13) Why are there 2 necks of the humerus? What does each one mean?
- 14) Where did the Bicipital groove/Intertubercular groove get each name from?
- 15) Because the glenoid is so small you sacrifice what for more what?
- 16) The transverse ligament runs from the greater tubercle to the lesser tubercle what is its purpose?
- 17) The anterior capsule of the shoulder is made up of what group of three ligaments?